

# Highlands Newspaper

FREE Every Thursday

Volume 11, Number 50

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Thursday, Dec. 12, 2013

## Thurs., Dec. 12

• Town Board meeting at 7 p.m. in the Community Building. New Mayor Pat Taylor and new commissioners Amy Patterson and Donnie Calloway will be sworn in during New Business.

• HCP's annual FREE Holiday Reading "Christmas From Around the World" at 7:30p at the Performing Arts Center. Wonderful reading and music followed by a cookie and punch reception.

## Sat. & Sun., Dec. 14-15

• The Community Christian Choral Concert will be held at the Episcopal Church of the Incarnation, corner of 5th. & Main Streets on Saturday and Sunday Both performances will be held at 5 p.m. Classical, Christmas carols, plus a sing-a-long! A reception will follow the Sunday performance.

## Sat., Dec. 14

• Santa in Town Square from 11a to 3p.

• The Highlands Plateau Greenway will have its monthly work trip this Saturday. Anyone interested in participating, please register with Ran Shaffner by emailing highlandsgreenway@nctv.com or leaving a message at 828-526-5622. Meet at the large upper parking lot behind the Rec Park at 9a for a brief orientation session. Tools and safety equipment are furnished. Bring water, rain gear. Wearing clothes that can get dirty is advised.

## Sun., Dec. 15

• Christmas Handbell performance at the Highlands United Methodist Church during the 10:50 service. All are welcome.

## Wed., Dec. 18

• Christmas Handbell performance at the Highlands United Methodist Church at 6 p.m. All are welcome

## Harrell first HPD chief to graduate from NC Justice Academy Mgmt. course

On November 22, Highlands Police Chief William Harrell graduated from the North Carolina Justice Academy's Management

Development Program hosted at the North Carolina Justice Academy's East and West campuses. The program consists of topical

modules, each five days in length, which are scheduled over an 11-month period. Chief Harrell

•See HARRELL page 4

## Highlands nonprofits recipients of CFWNC grants

Highlands Community Fund is pleased to announce \$93,190 in grants to local nonprofit organizations providing important services in the community. The grants were made in partnership with The Community Foundation of Western North Carolina (CFWNC) and include:

**Highlands United Methodist Church** - \$20,000 to support enrichment programs and supervision for children enrolled in the early child care program and the after school program through the newly formed Gordon Center for Children.

**The Literacy Council of Highlands** - \$20,000 to continue its literacy programs currently being offered including: GED and ESL classes, Adult Literacy, ESL Study Hall, After School Enrichment, the Mobilizing Literacy program, summer day camp and the Dolly Parton Imagination Library & computer lab with Rosetta Stone language software.

**The Bascom** - \$15,000 to support Community Arts Education activities for students in collaboration with other organiza-

•See NONPROFITS page 6

## King & Queen for the night



Highlands School seniors Tyler Munger and Ellie Cate Beavers were named King & Queen at the Homecoming Dance at the Performing Arts Center on Saturday, Dec. 7. For more pictures see page 17. Photos by Lisa Osteen.

## School administrators to receive supplement for 2013-'14 school year, too

By Brittany Burns

With drastic budget cuts at the state level and no fund

balance to rely on, the two percent supplement historically

•See SUPPLEMENT page 3

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## BOE still struggling with State's 'tenure' law

By Brittany Burns

Macon County Schools' Superintendent Dr. Chris Baldwin informed members of the board of education last week that the deadline is looming to develop a method to identify the top 25 percent of teachers in the district, as required by a newly established law.

State legislators completely overhauled the state's tenure law for teachers, essentially eliminating the process early this year. Instead of allowing any teacher to reach tenure status, the new law mandates each school district develop a method to identify the top performing 25 percent of teachers by June 30. Those teachers will be offered a four-year contract with a small bonus, while all other teachers will be offered continued employment through a one-year contract.

Monday night, Dr. Baldwin once again expressed concern regarding the lack of guidance from the state surrounding what criteria to use when identifying the top 25 percent. In the past, board members have expressed concern on how to compare a math teacher's performance to a physical education teacher's per-

•See TENURE page 7

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• LETTERS •

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# NATIONAL WEATHER SERVICE

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THURSDAY	THURSDAY NIGHT	FRIDAY	FRIDAY NIGHT	SATURDAY	SATURDAY NIGHT	SUNDAY
						
Sunny	Mostly Clear	Slight Chc Rain	Rain Likely	Rain	Rain/Snow Likely	Chance Rain/Snow
High: 36 °F	Low: 23 °F	High: 43 °F	Low: 34 °F	High: 43 °F	Low: 34 °F	High: 43 °F



# ...SUPPLEMENT continued from page 1

provided to teachers in Macon County since 2004, was at risk earlier this year. Macon County commissioners, who provide the supplement to teachers each year, at the request of the school board, gave permission for those funds to be used elsewhere in the school system's budget, if need be.

Superintendent Dr. Chris Baldwin worked closely with school Finance Director Angie Cook to ensure the district stayed on budget to prevent needing to tap into the teachers' two percent supplement, which roughly amounts to a little over \$401,000.

In October, the Board of Education voted to allot Macon County teachers the full two percent supplement from the county. County commissioners had budgeted a total of \$430,000 for teaching supplements, but due to attrition and operating with about 20 less teaching positions this year district wide, the supplement's total cost weighed in at \$401,000.

After paying out the supplement to teachers, there is \$29,000 remaining in the fund. Dr. Baldwin went before commissioners Tuesday night seeking permission to spend \$27,000 of the remaining funds to provide principals and assistant principals with a two percent supplement, as well. For as long as the county has been providing teachers with a supplement, the Macon County Board of

Education has been providing a two percent supplement out of the district's fund balance for school administrators. With fund balance monies being exhausted for other expenses, the district no longer had the ability to provide administrators with a supplement.

"We have already cut the schools administrators' travel allotment and this year we lost two administrators to other states where they could get higher paying jobs," said Baldwin when requesting permission from the board.

After providing school administrators with the supplement, the school board would have \$2,000 remaining in the fund, which Baldwin requested permission to use to purchase steel-toed boots for employees. "In the past we have bought the mandatory boots for workers as part of their uniform, but in the budget crisis this year, we eliminated that from the budget. The total cost for all boots is \$4,000, but the \$2,000 would certainly put a dent in that cost for our employees," he said.

County Commission Chairman Kevin Corbin, who was unanimously re-elected as

chairman of the board Tuesday night, noted that in his opinion, the county had already budgeted the funds to the school system and he felt it was up to the school board as to how it should be spent.

Commissioner Paul Higdon agreed with Corbin saying he didn't see the school board's request as being for additional funds, because commissioners had already allocated the money. He said he trusted the school board to spend it as it saw fit. "That

is your money," said Higdon. "It is our job to support you and your board and to support you when you make calls on managing that money."

On a motion made by Vice-chair Commissioner Ronnie Beale, commissioners unanimously voted to allow the Macon County Board of Education to spend the remaining teaching supplement to provide the supplement for administrators and to buy steel-toed shoes.

## Pillow & Rug SALE at The Hen House 50% OFF

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## 2013 Sweatshirts for sale



The Highlands Area Chamber of Commerce and Visitors Center's 2013 Olde Mountain Christmas Sweatshirts were a big hit this year leaving on just a few left for sale. If you are interested in getting one please call 828-526-2112 or email visitor@highlands-chamber.org. They are \$20 each.



## Town of Highlands Notice of Public Hearing

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town of Highlands Board of Commissioners at the Highlands Community Building, 71 Poplar Street, on the 12th day of December, 2013 beginning at 7:00pm, for proposed amendments to the Unified Development Ordinance regarding sign standards.

All interested residents/citizens are encouraged to attend. Copies of the proposed amendment are on file in the Town Clerk's office at Town Hall, 210 N. 4th Street for inspection by all between the hours of 8:00am and 4:30pm Monday through Friday.

Rebecca R. Shuler, CMC, NCCMC  
Town Clerk

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# ...HARRELL continued from page 1



**Chief Bill Harrell with 19 other law enforcement executives at the Governor's mansion in Raleigh after graduating from the 25th Management Development Program.**

joined 19 other law enforcement executives in graduating the 25th Management Development Program, out of 64 local and state executive applicants across North Carolina.

"Bill is to be commended for completing this course," said Town Manager Bob Frye. "I think it speaks well of his continuing commitment to maintaining a high level of professional leadership to the Highlands Police Department."

The Management Development Program is a year-long experience taught by experts in administration, physical fitness, and Academy Instructors. The program includes an innovative curriculum involving a comprehensive and in-depth examination of the complex issues of law enforcement management and leadership, as well as the actual application of learned management and leadership skills. The North Carolina Justice Academy is the primary training organization for North Carolina criminal justice personnel.

The management development program required Chief Harrell spend more than 11 months navigating through curriculum assignments and a live joint agency emergency preparedness exercise.

A physical fitness endurance component was also executed where the class was tested on weekly physical fitness challenges, to include the capstone at the end, also known as "The Shackleton Expedition Challenge." The challenge, which had to be successfully completed, con-

sisted of a hike up Mount Pisgah, a 5-mile increased elevation run at Chimney Rock, and a 10-mile railroad bed run in Dunn, NC under preset time limits.

"There were so many take-a-ways and resources gleaned from this experience, such as networking with classmates from all over the state at the local and state level was priceless," said Chief Harrell. "Spending time with dignitaries such as Governor McCrory at the Executive Mansion and Capitol Building and talking with him and his staff about key issues facing public safety was very rewarding."

Chief Harrell is the first Highlands Officer to graduate from the Management Development Program.

"I was delighted to learn that Chief Bill Harrell completed Management Development Program for State Law Enforcement Administrators," said Mayor-elect Pat Taylor who was the Highlands Town Magistrate for several years. "Just to be accepted as a program participant was a very competitive process where only the most experienced law enforcement officials were included. His successful completion of the program will enable the chief to apply the most current and best practices in working with his fellow police officers, community residents and with other area law enforcement agencies. When town employees advance their training and credentials, as in the case with Harrell, it benefits our community and the town's ability to deliver quality services. Congratulations to Chief Harrell."

## • BIZ.ORG NEWS •



Anne Tate sponsored a Tupperware fundraiser with proceeds going to the WNC Hospice House. Linda Conard, Tupperware representative from Candler, donated 100% of her profit toward the house. Anne presents the \$500 check.

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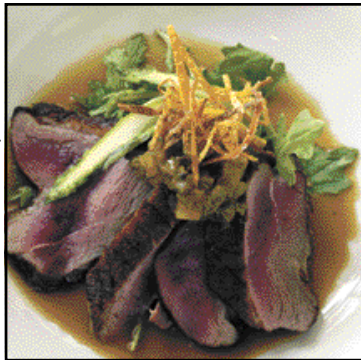


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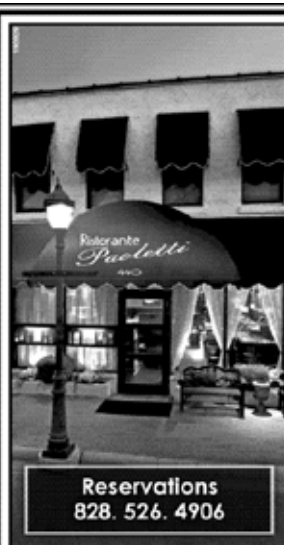


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## ...CFWNC continued from page 1

tions in the Highlands community.

**Highlands Community Child Development Center** - \$11,000 toward facility improvements and program enhancements required for the 2014 Four Star Center license inspection.

**Peggy Crosby Community Service Center** - \$10,000 toward renovation projects to improve the community meeting areas and offices to better serve the community.

**Highlands-Cashiers Land Trust** - \$7,000 to support staff work in the Land Stewardship and community education programs related to the conservation and protection of the natural heritage of the Highlands Plateau.

**Hudson Library** - \$5,200 to enhance learning opportunities and library facilities for the children of Highlands.

**Big Brothers Big Sisters of WNC** (Highlands branch office) - \$4,990 to continue and expand "323 Little Organics," a positive activity for the child-adult matches to grow herbs and vegetables that are marketed at the local farmers market. This project utilizes real life experiences to provide business and life skills and to bolster the children's sense of competency and self-esteem.

These grants were awarded as part of The Community Foundation's People in Need focus area and other grant cycles, and were funded in part by the Janirve Legacy Fund, CFWNC Fundholders, the Hertwig Fund and the Highlands Community Fund.

"We are pleased to join with CFWNC and other partners to fund these grants that will make such a difference for the nonprofit organizations and the people they serve in our community," said Highlands Community Fund Advisory Board Chair Sid Nurkin.

"With these grants, approximately \$150,000 has been contributed to the support of worthy organizations in Highlands over the last two years."

Highlands Community Fund, an affiliate of The Community Foundation, was established in 1999 by local residents as a permanent endowment and resource for charitable efforts that benefit the entire community. To make a tax-deductible contribution to the Highlands Community Fund, donate on-line at [www.cfwnc.org](http://www.cfwnc.org) or by mail to Highlands Community Fund, P.O. Box 1150, Highlands, NC 28741-1150. Contributions of any size are welcome. They enable the Fund to support more programs with local dollars.

The local, volunteer Advisory Board works to raise awareness of the Highlands Community Fund and to build assets for the future. These board members are: Tricia Allen, Kathy Bowman (Secretary), Laney Capron, Caroline Cook, Gayle Cummings, Amanda Gregory, John Hopkins, Jean Manz, Sid Nurkin (Chair), Nancy Parker, Stan Sharp and Allen L. "Buck" Trott.

The Community Foundation serves 18 counties in Western North Carolina. The Foundation is a permanent regional resource that facilitates more than \$11 million in charitable giving annually. CFWNC inspires philanthropy and mobilizes resources to enrich lives and communities in WNC.

CFWNC supports the growth of its affiliate funds to extend the benefits of philanthropy across the region. To learn more about The Community Foundation, visit [www.cfwnc.org](http://www.cfwnc.org) or call local affiliate chair Sid Nurkin at 404-261-8634.



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# ...TENURE continued from page 1

formance.

Macon County currently employs 257 career teachers, meaning only 67 teachers would be eligible to receive the extended contract after being identified as the top 25 percent.

By law, contracts must be offered to teachers no later than June 30. Dr. Baldwin advised the board that he hoped to have contracts offered considerably prior to that deadline. In order to do that, he requested a special work session in January to discuss what strategy should be taken in order to select teacher who would be offered the four-year contract.

After the criteria is set, Dr. Baldwin hopes to have a policy in place with directives toward identifying the top 25 percent established for the board to review during the April meeting, with anticipated approval coming in May.

The board showed unanimous consent in finding an agreeable date to hold the work session next month.

Historically, teachers in North Carolina who have five years of experience, were deemed eligible for tenure status, essentially guaranteeing them the right to due process before termination of employment. Tenure was originally established to secure terms of termination, including inadequate performance, neglect of duty, insubordination, physical or mental incapacity, and habitual alcohol abuse. The new legislation eliminates the long-term job security, and even limits any sort of job security beyond a year to the top 25 percent of teachers.

Though districts across the state are scrambling to establish criteria to identify the top 25 percent, the process will become obsolete by 2018, when any sort of tenure or employment longevity with payment compensation will be eliminated entirely.

Under the new law, beginning June 30, 2018, career status will end for all teachers in North Carolina. Teachers who have taught less than three years in a district will be eligible for one-year contracts, while teachers who have taught more than three years in a district are eligible for one-, two- or four-year contracts as long as they are considered proficient based on as yet to be determined evaluations.

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## November Rotary Scholars of the month



The Rotary Club of Highlands honored the November Highlands School Scholars of the Month at its December 3 meeting. Pictured with Nicole Lui, School Counselor, and Rick Reid, club President, are: Sayla Roman, middle school winner, Anna Stiehler, elementary school winner and Javier Montalvo, high school winner.

## Rotary Bingo benefits 'Shop with a Cop'



On Thursday, December 5, the Rotary Club of Highlands partnered with the Highlands police department and the Macon County Sheriff's Department to sponsor Shop With a Cop Bingo. All proceeds went to support the program which matches a child with an officer to purchase holiday gifts for the child and family. Carter Mosely won the final SUPER BINGO game and is shown with another young Bingo player and several of the participating officers, including Highlands police chief Bill Harrell and Macon County Sheriff Robbie Holland.



# Christmas Day Dinner reaching capacity

The 400 seats are filling up fast for the annual Christmas Day Dinner at The Hudson House. If interested, call 526-9419 today!

Serving begins at 11am and continues until 5pm by reservation only. Fare features turkey, ham, and tenderloin, and all the sides, fabulous desserts and a glass of wine or other beverage. \$35 for adults, \$15 for children under 12. Kids under 5 eat free. To reserve, call 526-9419. Leave your name and a number for confirmation.

## christmas {eve} service

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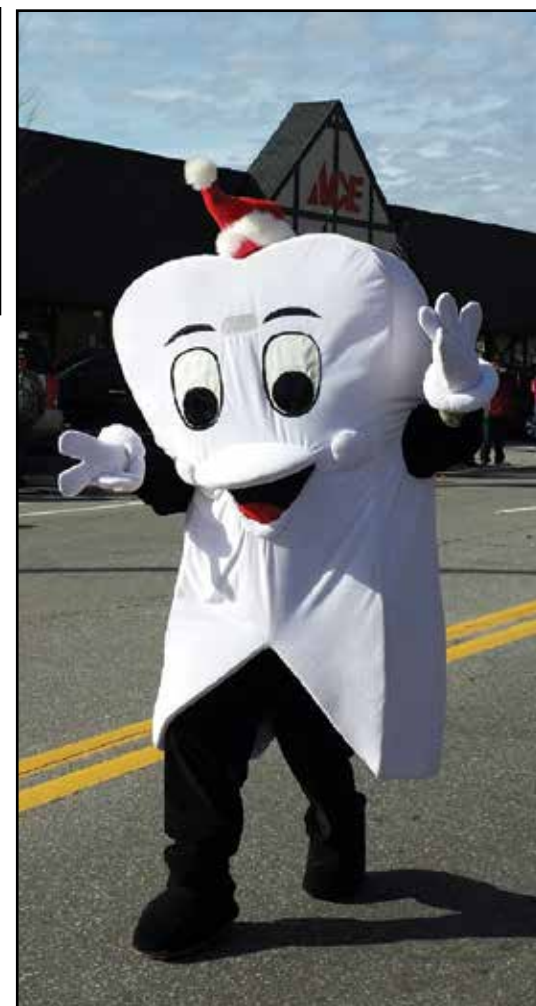
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# Highlands Christmas Parade



Photos by Kim Lewicki





# HIGHLANDS AREA UPCOMING EVENTS •

## Thurs., Fri., Sat., Sun. through Dec. 22

• The movie *Hunger Games: Catching Fire* at The Highlands Playhouse. Showings are Thurs.-Sun., 4 and 7 p.m. Tickets are \$8. Call 828-526-2695 for advance tickets.

### Mon/Wed/Fri

• Step Aerobics with Tina Rogers at the Rec Park at 8 a.m. \$5 per class or monthly rate.  
• Zumba at the Rec Park 9:05-10:05. \$5 per class or monthly rate.

### Tues/Thurs

• Step Aerobics with Tina Rogers at 5:30.

### Thurs., Dec. 12

• Town Board meeting at 7 p.m. in the Community Building. New Mayor Pat Taylor and new commissioners Amy Patterson and Donnie Calloway will be sworn in during New Business.

• HCP's annual FREE Holiday Reading "Christmas From Around the World" at 7:30p at the Performing Arts Center. Directed by Vangie Rich. Wonderful reading and music followed by a cookie and punch reception.

• The Macon County Cancer Support Group will meet Thursday at 7 p.m. in the cafeteria of Angel Medical Center on Riverview Street in Franklin. This is the annual Christmas Party. Please bring your favorite finger food and an inexpensive gift to exchange. Even if you have never attended the group before, feel free to come and celebrate Christmas with them and another year of life!!

• At noon, The League of Women Voters of Macon County will host a program about Kid's Place, at noon in Tartan Hall of the First Presbyterian Church in Franklin. Holiday desserts and coffee will be served.

### Sat. & Sun., Dec. 14-15

• The Community Christian Choral Concert will be

held at the Episcopal Church of the Incarnation, corner of 5th. & Main Streets on Saturday and Sunday Both performances will be held at 5 p.m. Classical, Christmas carols, plus a sing-along! A reception will follow the Sunday performance.

### Sat., Dec. 14

• Santa in Town Square from 11a to 3p.  
• The Highlands Plateau Greenway will have its monthly work trip this Saturday. Anyone interested in participating, please register with Ran Shaffner by emailing highlandsgreenway@nctv.com or leaving a message at 828-526-5622. We'll meet at the large upper parking lot (near the pool entrance) behind the Rec Park at 9:00 AM for a brief orientation session. Participants will be furnished the necessary tools

and safety equipment. Participants should bring water, rain gear, and a day pack to hold them. Wearing clothes that can get dirty is advised.

### Sun., Dec. 15

• Christmas Handbell performance at the Highlands United Methodist Church during the 10:50 service. All are welcome.

### Wed., Dec. 18

• Christmas Handbell performance at the Highlands United Methodist Church at 6 p.m. All are welcome.

### Sat., Dec. 21

• Santa in Town Square to hear Christmas wishes from 11a to 3p.

### Sun., Dec. 22

• Christmas Cantata at the 10:50 worship service at the Highlands United Methodist Church. All are welcome.

## Mon., Dec. 23

• Red Cross Blood Drive at Lowe's, 0717 Franklin Blood Drive (Georgia Highway; Franklin, NC, 11 am – 3:30 pm. Please call Stacy Lawson (828) 349-4654 for further information or to schedule an appointment.

## Saturday, Dec. 28

• Red Cross Blood Drive at the Otto Community Blood Drive at the Otto Community Center - Meeting Room (Highway 441 South; Otto, NC) 8 am – 12:30 pm. Please call Phyllis Castle at (828) 524-3473 for further information or to schedule an appointment.

## Wed., Dec. 25

• Highlands Annual Christmas Dinner is at the Hudson House at Highlands Country Club from 11 a.m. to 5 p.m. by reservation only. The buffet dinner will feature turkey, ham tenderloin, and all the sides including Donna Woods' now famous dressing and a dessert buffet is included. The cost is \$35 for adults and \$15 for children under 12. Kids under 5 are free. To reserve your place at the table to join friends and family, and to become a sponsor or make a donation, call 526-9419.

• See EVENTS page 14

## Now Showing at The Highlands Playhouse 'Hunger Games: Catching Fire'



### Thur.-Sun., Dec. 12-15

At Highlands Playhouse: *Hunger Games* starring Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth. Showtimes are 4 & 7:30pm. Thursdays through Sundays. For tickets in advance call 828-526-2695. *Hunger Games* will show each week Thurs.-Sun through Dec. 22.

## Met Opera live in HD at PAC on Dec. 14 Students admitted FREE



Due to the generosity of Beverly & Marc Pittman, Cindy & Rick Trevathan and Sandi & Bob Trevathan students will be able to see (for NO Charge) the MET Opera Live in HD: *Falstaff* by Verdi on December 14 at the Highlands PAC. *Falstaff* is a family friendly, humorous opera. Starring Ambrogio Maestri singing the role of the blustery Sir John Falstaff, opposite a marvelous ensemble cast, including Angela Meade and Stephanie Blythe. An undisputed master of Verdi's final comic masterpiece, James Levine conducts Robert Carlsen's acclaimed production, the first new Met *Falstaff* since 1964. Tickets: \$24 for Adults are available online: [www.highlandspac.org](http://www.highlandspac.org) or by calling: 828.526.9047 507 Chestnut Street, Highlands.



## • BIZ.ORG NEWS •

### SECU offers \$1million match for Hospice House in Franklin



Jim Barber presents check to Michelle Alderson.

The release highlights SECU Foundation representatives and Credit Union volunteers and staff gathering with community leaders and supporters of the SECU Hospice House of Western North Carolina for a formal presentation of the Foundation's \$1 million grant for the Hospice House. The on-site presentation ceremony in Franklin, North Carolina, marks a momentous occasion – helping bring the first inpatient hospice facility to the healthcare community and citizens of the six-county area of Macon, Swain, Graham, Clay, Cherokee and Jackson Counties.

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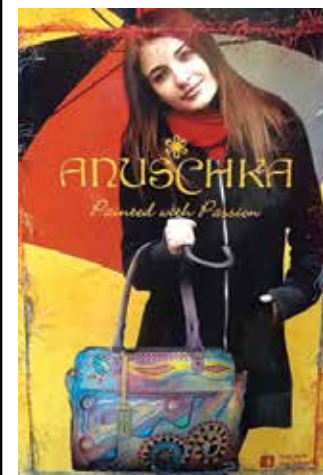
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# HIGHLANDS AREA UPCOMING EVENTS •

## Santa in Town Square Saturdays 11a-3p



Becca Wax, 3, with her grandmother Kay Wax with Santa and Mrs. Claus last Saturday.

Photo by Kim Lewicki

Thurs., Jan. 2

• Taize at Episcopal Church of the Incarnation at 5:30p.

## Free Holiday-related Support Group forming

Bonnie Gramlich, Licensed Professional Counselor at The Counseling and Psychotherapy Center of Highlands is offering a free support group for those feeling lonely or troubled at this time of year. The group will meet on Tuesdays at 6p. for one hour beginning on Nov. 26 through Jan. 7. The group will meet at the Peggy Crosby Center. This free group is open to all but registration is required, Call Bonnie at 828-342-0546.

## HCP's annual free Christmas program set for Thurs., Dec. 12 at 7:30p



Virginia Talbot, one of the many community participants in the HighlandsCashiers annual Holiday Program, will talk about the popularity of the poinsettia. The program of stories and music will be presented Thursday, December 12, 7:30, at the Highlands Performing Arts Center, 507 Chestnut Street. Admission is free.

This week, readers and musicians of the community are primed and ready to present the Highlands Cashiers Players annual Holiday Program, Thursday, December 12, 7:30 p.m. at Highlands Performing Arts Center on Chestnut Street.

This year the theme is "Christmas Around the World" with personal stories of Christmas experiences in Australia, Brazil, China, Germany, Latvia, Mexico, and Viet Nam, as well as the history of Santa Claus, and the popularity of poinsettias in American Christmas celebrations.

The stories will be interspersed with music of the season by talented local musicians -- Malinda Womack, violin; Les Scott, singer/guitarist, and singers Vangie Rich and Wayne Coleman introducing a new composition by Betty Holt.

Everyone is invited to attend this cheerful evening of stories and music. No tickets are necessary. The Holiday Program is the Highlands Cashiers Players Christmas gift to the community.



The Metropolitan Opera **HD LIVE**

## *Falstaff* by Verdi

Saturday, December 14  
12:55pm

Pre-Opera Discussion  
12:30pm

\$24 Adults \$12 Students

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or by Calling: 828.526.9047



# • INVESTING AT 4,118 FT. •

## It's A Wonderful Life Here on The Plateau

If you are reading this article, you must be one of the fortunate persons who choose to call the Highlands/Cashiers Plateau their permanent home. As magical as the month of December is, most of the summer residents are quick to descend to warmer climates when the temperature bounces down in the 30s for one night in October. At this special time of year, let us reflect on what makes this place we call home so unusual.

According to Tom Earnhardt, a lawyer by profession, in his newly published book, "Crossroads of the Natural World", North Carolina has as much geological, climatic and ecological diversity as any place on the planet. His enlightening book provides an interesting history of the geology and development of North Carolina. It is a scientific compilation of why so many of us are in awe of this natural environment that we call home. Some interest-



Jody Lovell  
exurbiasothebysrealty.com

ing facts from the book as well as from other sources about this area include the following:

1. The early Appalachian mountains were once 20,000 feet high but now are worn down to their present height by 300 million years of erosion.
2. The American West mountains are only 50 million years old or younger.
3. Dinosaurs roamed the earth up until 65 million years ago.
4. Whiteside Mountain

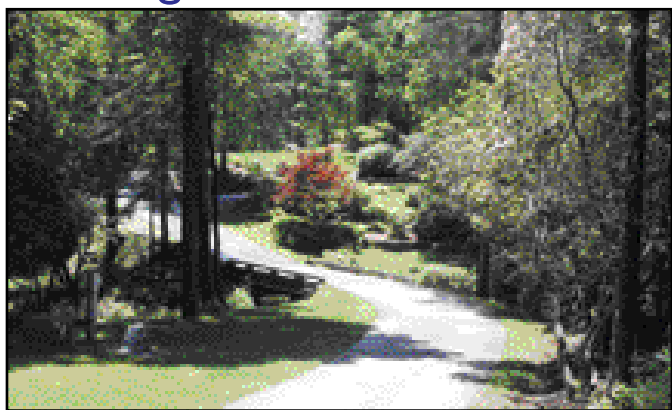
is purported to be the oldest mountain in the world at over 300 million years old.

5. Glaciers never moved through this area which explains the existence of rare plants obliterated in other areas.

6. The Eastern Continental Divide is the ecological boundary where plants and animals from northern and southern ecosystems come together.

7. Every 1,000 feet in altitude...  
•See INVESTING page 16

### Falling Waters is a 52-acre community



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### Next Real Estate Snapshots

Last for 2013:

Real Estate Transactions for 2013: – Dec. 26

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(Please have submissions in by close of business Saturday, Dec. 21)

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## • HEALTH MATTERS •

# You're Not Alone - A Doctor's take on common gastrointestinal symptoms

Frequent and bothersome gastrointestinal (GI) symptoms are more common than you may think. While estimates may vary, five percent to 15 percent of adults in the United States may be affected by chronic GI conditions, such as irritable bowel

syndrome with constipation (IBS-C) or chronic idiopathic constipation (CIC).

This could mean as many as 13 million adults may suffer from IBS-C, and as many as 35 million adults may suffer from CIC.

According to a survey, the

majority of adults with these conditions may experience disruptive symptoms three to five days per month. Recurring abdominal pain and constipation, including hard stools, and infrequent and incomplete bowel movements, may indicate IBS with constipation or, if you have these symptoms with little to no abdominal pain, chronic idiopathic constipation (CIC). Adults report that these symptoms impact their daily activities.

Research also shows that only 40 to 50 percent of these sufferers plan to talk to their physician about their GI symptoms within the next year. Experts say that part of the problem is patients are uncomfortable discussing the specific symptoms of IBS-

C or CIC.

"Patients often get embarrassed talking about their bathroom habits with a physician," says Dr. Steven Lamm, internist and author of "No Guts, No Glory." "There is no need to feel self-conscious."

You are not alone. Dr. Lamm recommends preparing for your appointment ahead of time to ensure a more effective conversation. Be ready to discuss the following with your doctor:

- Do you feel abdominal pain?
- How often do you experience hard stools associated with constipation?
- Do you have fewer than three bowel movements a week?

• Are your bowel movements satisfactory; with a sense of complete evacuation?

• How long have you experienced these symptoms (a week, a month, more)?

• How frequently do you experience these symptoms?

• What have you tried to relieve symptoms (drinking more water, taking fiber or laxatives, increasing exercise)?

• Do your symptoms keep coming back?

• Has your life been disrupted due to your symptoms?

Unfortunately, there is no cure for these conditions, but there are ways to help manage

• See **HEALTH MATTERS** page 21

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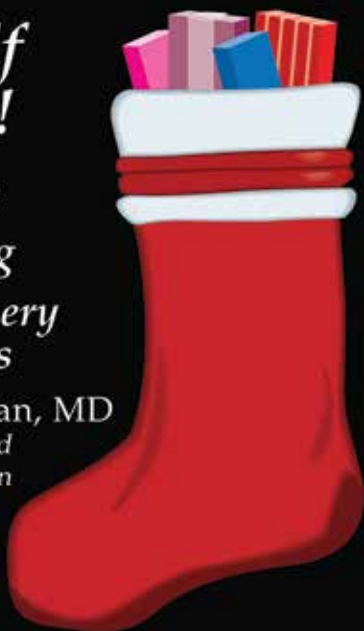
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planet;

9. North Carolina is the epicenter of North/South diversity where arctic air and tropic air converge.

10. With varied topography and climate that is simultaneously subtropical, temperate, and subarctic, North Carolina is a meeting place for living things more commonly found far to the north and south.

We heard Tom Earnhardt address a group recently, where he autographed one of his books for us after the event. His words say: "You live in one of the most beautiful places on this planet." We agree and are so grateful to have you-our neighbors and friends-also enjoying this wonderful life on the Plateau. Happy Holidays!

• Jody and Wood Lovell own Highlands Sotheby's International Realty which recently changed its name from Exurbia after proving themselves as leaders in the local real estate market over the last 14 years.

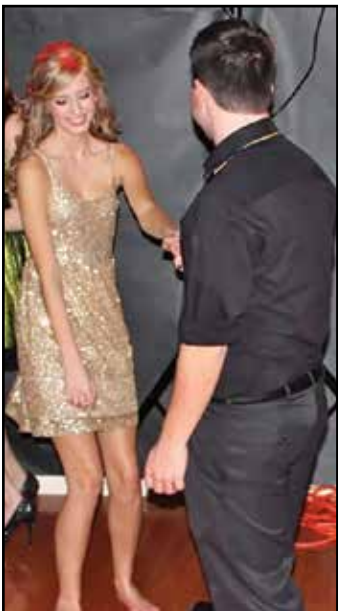
Jody is once again the top producing agent on the entire Highlands Cashiers MLS in 2013. With two locations, one in The Old Edwards Inn Complex and one at the gate of Cullasaja Club. Call them to help you with your real estate needs at 828 526 4104.



# 2013 HS Homecoming Dance 'Masquerade'



Photos by Lisa Osteen





# • SPIRITUALLY SPEAKING •

## Has Christmas begun for you?

By Pastor Paul Christy

Highlands United Methodist Church

Well it is that time of year when we all start thinking of fires in the fireplace, egg nog and mistletoe. It is the time of year when we make travel plans, spend time with family friends and go shopping (either online or in a store). It is that time of year when our thoughts turn to what gifts we can give and wonder at what gifts we will receive.

Yes, it is that time of year when we walk down the street and people seem to be in a great mood. There are smiles all around and we tend to treat each other differently. It is that time of year we call the Christmas rush and wonder if we will accomplish all that we need to accomplish. It is that time of year when it is easy to get caught up in the hype and wonder why we do this year end and year out.

Now why am I wondering about this time of year? Because for a lot of the world, that is what this time of year is really all about. It is about the parties, the gifts, the trips and the rush. But I constantly need to remind myself what this time of year is really about.

I know you are thinking, "Well this guy is a preacher and we know what is coming. He is going to tell us all the clichés... 'Jesus is the reason for the season' or he is going to tell us that this time a year should be about deepening your faith and going to church."

But hang on with me because when I think about this time of year it about all of the above.

Instead of telling people what this time of year is really all about, I wonder if we shouldn't show people what this time of year is really all about. Now what does that mean?

Several weeks ago I was at the Highlands-Cashiers Hospital visiting and as I was preparing to leave some nurses came up to me and asked if the church I serve would be willing to help a homeless man out by giving him a motel room for the evening. I told them that I thought we could and it was one of those weeks when it had rained for a few days and the temps were really cold and the nurses had him in the ER but they couldn't keep him any longer. We talked for a bit and the nurses told me they had fed him, washed his clothes and he would be ready in a few hours. They told me that he had slept out under a porch the night before and almost had hypothermia, and if I didn't mind, they would call me when he was ready.

Sure enough, in a few hours they called and I went to this man who had walked from Athens, GA to Highlands, NC and I took him to a local motel. On the way to the motel, this man and I talked, and he said, "You know preacher, I didn't think my life would turn out this way, but it has and now I am trying to make the best of things. Thank your church and thank this town for loving people they do not know. Sometimes life throws you unexpected twists and turns and you have to make the best of them. But you know preacher, this town is a special place."

You see Christmas has already begun for me because

• See SPIRITUALLY SPEAKING page 19

# Proverbs 3:5 • PLACES TO WORSHIP • John 3:16

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Wednesdays: Mid-week prayer meeting – 7 p.m.

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Wed.: Men's Bible Study -8:30 a.m., First Baptist Church  
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Sundays: School – 10 a.m.; Worship – 11  
Wednesdays -- 7 p.m.  
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Senior Pastor Gary Hewins  
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10: 45am: Worship Service  
Wed.: 5pm Dinner (\$7 adult, \$2 child), 6pm CBC University  
**EPISCOPAL CHURCH OF THE INCARNATION**  
Rev. Bruce Walker • 526-2968  
Sundays: Holy Eucharist Rite I (chapel), 8 am, Education and choir rehearsal, 9 am, Holy Eucharist Rite II, (sanctuary), 10:30  
Thursdays: Holy Eucharist, (chapel), 10 am  
**FIRST BAPTIST CHURCH**  
Dr. Mark Ford, Pastor • 526-4153  
Sun.: Worship 10:45 a.m.; School – 9:30 a.m.  
Wed.: Men's Bible Study 8:30 a.m., Prayer Meeting – 6:15 p.m., Choir – 5 p.m.  
**FIRST PRESBYTERIAN CHURCH**  
Dr. Lee Bowman, Pastor • 526-3175  
Sun.: Worship – 11 a.m.; School – 9:30  
Mondays: 8 a.m. – Men's Prayer Group & Breakfast  
Wednesdays – Choir – 7  
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Sunday School – 10 am, Worship Service – 11 am

**HIGHLANDS ASSEMBLY OF GOD**  
Randy Reed, Pastor  
828-421-9172 • 165 S. Sixth Street  
Sundays: Worship – 11  
**HIGHLANDS CENTRAL BAPTIST CHURCH**  
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Sunday: Morning Worship 10:45 a., Evening Worship, 6:30 p.  
Wednesday: Prayer Service, 6:30 p.  
**HIGHLANDS UNITED METHODIST CHURCH**  
Pastor Paul Christy 526-3376  
Sun: School 9:45a.; Worship 9:09 & 10:50.; Youth 5:30 p.  
Wed: Supper; 6; 7:15 – children, youth, & adults studies; 6:15 – Adult choir (nursery provided for Wed. p.m. activities)  
Thurs:12:30 – Women's Bible Study (nursery)  
**HOLY FAMILY LUTHERAN CHURCH – ELCA**  
Chaplain Margaret Howell  
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Worship/Communion – 10:30  
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Choir – 6 p.m.  
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Rev. Dwight Loggins  
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Wednesdays: Prayer Mtg. – 7 p.m.  
**SCALY MOUNTAIN CHURCH OF GOD**  
290 Buck Knob Road; Pastor Alfred Sizemore • 526-3212  
Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6 p.m.  
Wed: Adult Bible Study & Youth – 7 p.m.  
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Wednesdays: Prayer & Bible Study – 7  
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**WHITESIDE PRESBYTERIAN CHURCH**  
Rev. Sam Forrester/Cashiers  
Sunday School – 10 am, Worship Service – 11 am



# ...SPIRITUALLY SPEAKING from page 18



**In Highlands secular and religious converge the Saturday after Thanksgiving to welcome the Christmas season.**  
Photo by Kim Lewicki

I saw the love and grace of Christ in some nurses at our hospital, and in the way this town helps others. So you see, isn't that what this time of year is really all about? It is about helping, loving and caring and sharing with others. I want to thank Highlands for being a place that is unlike any other place I have ever lived. You care and you share with others, you do not judge, you love and isn't that why God sent us His Son because He loved the world?

Yes Christmas has begun for me and it began with a conversation I had with some nurses at the hospital and I saw how they cared for others and then it was seen in the face of a man who was down on his luck who reminded me, it is the simple things in life that matter.

Has Christmas begun for you yet? Look around and see where you can share and care for others. You see, that's when Christmas begins. Are you ready for it? I hope that we are.



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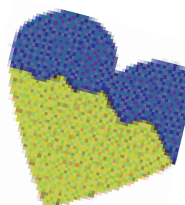


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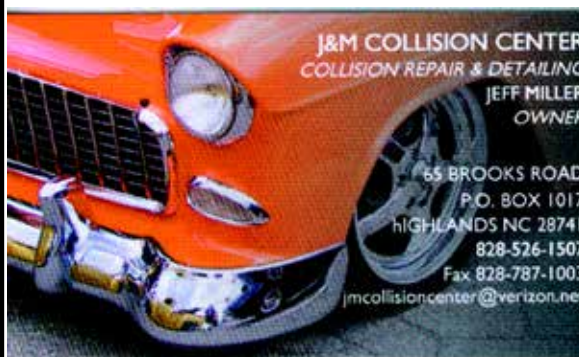
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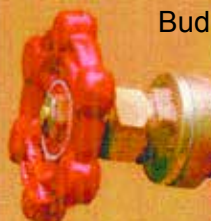
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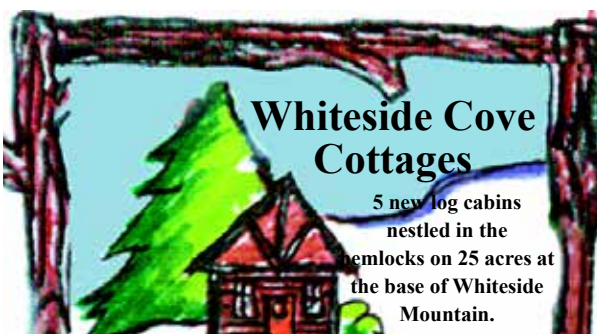
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**Highlands PD log entries from Oct. 21. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.**

**Oct. 21**

• At 3:30 p.m., officers responded to a call of simple assault, communicating threats and disorderly conduct involving juveniles on a school bus.

**Oct. 31**

• At 4 p.m., officers responded to a two-vehicle accident near Highlands School.

**Nov. 11**

• At noon, officers responded to a call about the theft of a wheelbarrow at a residence on 5th Street.

**Nov. 20**

• At 2:15 a.m., officers were called the the Lodge lobby on Spring Street regarding a person who had entered the premises and fallen asleep on the sofa.

**Nov. 24**

• At 12:01 p.m., officers responded to a two-vehicle accident on NC 28.

• At 1:47 a.m., officers responded to a call of someone driving when over the legal limit of an impairing substance on US 64 west.

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**Nov. 26**

• At 4:09 p.m., officers were called to a residence on Raoul Road concerning a non-responsive person who was declared DOA.

**The Highlands Fire & Rescue Dept. log entries from Dec. 3**

**Dec. 3**

• At 3:11 p.m., the dept. responded to a fire alarm at Highlands-Cashiers Hospital. It was false.

• At 10:30 p.m., the dept. responded to a one-vehicle accident at Chestnut and 6th streets. One person was transported to the hospital.

**Dec. 4**

• At 8:39 a.m., the dept. responded to a fire alarm at a residence on Clubhouse Trail. It was due to burned toast.

• At 11:32 p.m., the dept. responded to a fire alarm at a residence on Church Street. It was false.

**Dec. 6**

• At 7:36 a.m., the dept. was first-responders to assist EMS at a residence on Walhalla Road where a school bus driver needed medical attention. He was transported to the hospital.

• At 12:52 a.m., the dept. responded to a fire alarm at the Community Bible Church on US 64 east. It was set off by a smoke machine.

**Dec. 7**

• A little after midnight, the dept. responded to a fire alarm on Cullasaja Drive. It was false.

• At 3:45 p.m., the dept. was first-responders to assist EMS with a medical call on Clubhouse Trail where someone had fallen. EMS transported to the hospital.

• At 9:01 p.m., the dept. responded to a Life Line alarm at a residence on Chowan Drive. It was false.

• At 9:22 p.m., the dept. was first-responders to a residence on Laurel Street where a resident was displaying abnormal behavior. He was transported to the hospital by Highlands Police Dept.

**Dec. 8**

• At 5:10 a.m., the dept. was first-responders to assist EMS with a medical call at a residence on Helen's Barn Ave.

• At 4:02 p.m., the dept. responded to a vehicle accident with minor injuries on US 64 east. It was cancelled en route.

**Dec. 9**

• At 3:25 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Joe Pye Trail. EMS transported to the hospital.

• At 9:20 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on NC 106. EMS transported to the hospital.

## ...HEALTH MATTERS from 16

symptoms, including dietary and lifestyle changes and taking laxatives. Also, keeping a symptom diary may help identify triggers that exacerbate symptoms.

Keep in mind, over-the-counter laxatives and stool softeners may help with occasional constipation, but they are not approved for long-term use without physician supervision and are not approved for IBS-C. If you are a candidate, a physician may prescribe FDA-approved medications for these conditions.

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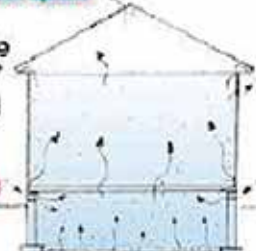
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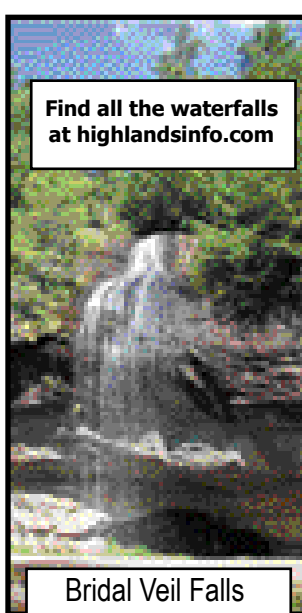
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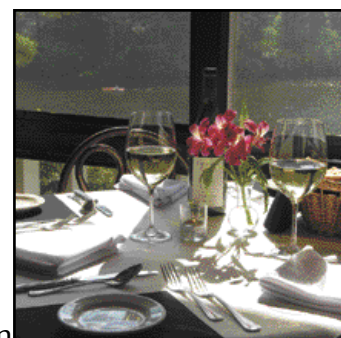
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